



## Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you had only two weeks to live,  
what would you do?



"I would explore."

**Leah Taylor,**  
3rd year  
general office  
administration

"I would go to a local  
hockey game."

**Alex Ross,**  
3rd year  
marketing and finance



"I probably want to travel,  
especially to Canada. I've  
always wanted to do that."

**Ben Vignaroli,**  
3rd year  
management information  
systems/intelligent systems

"I would go to a speech for  
the foundation of goods."

**Matt Rutherford,**  
3rd year  
marketing



"I would not come to school  
for the last two months."

**Erica Wright,**  
3rd year  
marketing



"Any and then it's part of  
there's something I can do  
so make my friends and  
family to life better."

**Aspen  
Baldinger,**  
3rd year  
marketing



Photo Courtesy: Leah Taylor



From left: Leah Taylor, Cameron Sherry, Alex Favelier and Kyle Davis after the Rock Band 2 competition at Conestoga College July 24.

## Conestoga gamers rock out for chance to win \$100,000

### BY PATRICK LINDNER

The RMT rock game competition came to Conestoga College campus on July 24 as the students in answer to win \$100,000.

In an effort to raise money for Papillon, now run by Clark (M&P) computer recycling out of the hands of Tom Lee, Davis has the chance to form a band and play the console game Rock Band 2 competing against others at their own game to go on to a final stage.

The winning team will receive \$10,000.

The winning band from each campus will have the video of

their unique performance posted on the AMP music Canada Facebook page for a chance to win \$10,000.

■

I'm just speechless, man  
— Matthew Rutherford

In addition to the Rock Band 2 competition, there was also 17 other games to play on, on Xbox 360, PS3, and Wii.

■

Matthew Rutherford did not know what he was playing because he had never played Rock Band 2 before to compete against the other game masters.

"I just speechless, man," said Rutherford.

The tour was prompted by Papillon's research into career opportunities for those 16 to 24 years of age. According to their findings, approximately 41 per cent of Canadians plan to start their own business.

■

The tour continues to Melville College today and tomorrow. It will end on Aug. 23 having visited all colleges across Canada.

### CLOTHESLINE DESIGNS HELP RAISE AWARENESS



On Feb. 28 students gathered at the studio to design T-shirts for Banff's 2000 Clothesline Project. Since 1990, refugees and survivors from North America have used Clothesline Projects to send messages of love, protection and resistance against women. For information, visit [www.banffclothesline.org](http://www.banffclothesline.org).

# Making it right with 'Holmes' Inspections

By SARAH JONES

Mike Holmes star of the home renovation television show Holmes on Homes and a professor at Conestoga College's skilled trades program returned to Waterloo Region with a gift.

On Feb. 28, Holmes officially opened his new business Mike Holmes Inspections.

Taking place in an opening day Wood Word Books on King Street in Waterloo had the former host of *Holmes on Homes* in those stores to promote his new book, and his new firm.

He signed his new book plus visited Mike Holmes Inspections and answered questions about it and his new company.

This is Holmes first venture in the inspection business and he said he wants to be different from other home inspection services. The inspections will conduct a more thorough inspection than the competition and offer many written programs for homeowners to use for insurance or



PHOTO BY SARAH JONES

After signing his book signed by the author, Jim Holmes, TV star Mike Holmes, sits at a desk at Wood Word Books on Feb. 28 presenting his new book and business, Mike Holmes Inspections. His new business will be Holmes's first venture in the home inspection business.

**QUESTION**

"All I try to do is give you what you need to know," said Holmes in his official line up.

At Wood Word Books, he used the reason to close

Waterloo Region who because when he thought of starting a home inspection company he wanted the best and was for the best answer for the job which happened to be Kevin Johnson, owner of Johnson Home Inspections on Guelph St. who came to Holmes to make Johnson his competitor. —SARAH JONES

10

All I try to do is give you what you need to know

— Mike Holmes

11

Brave but far from the Stars and Stripes there are Holmes fans in Waterloo Region who like the way the inspection business is run and believe you can't improve much by "making it right" the first time.

The more information you have the better, website at [www.mikeholmes.com](http://www.mikeholmes.com) has more information.

## Job fair features over 40 employers

By SARAH JONES

The college Inside Jobs Fair is a great opportunity to appear in the news about what you're doing.

The first of two job fairs at Conestoga for the year began on March 4. The first held in the W Zone featured opportunities for those interested in the fields of Health and Social Services and Community Services.

About 30 potential employers are participating. Cambridge Memorial Hospital, Waterloo Regional Police and Waterloo Wellington Community Corp. Among Conestoga's career fair participants were the public library of Waterloo Region and postsecondary educational institutions.

The next job fair features a larger variety of opportunities and is scheduled with over 40 employers expected to be in attendance to discuss opportunities and educational opportunities at Waterloo March 15 at the recreation centre.

"We are still trying to secure employers. I think the response has caused a bit of a drop in the number of employers," said Lynne Eastwood, marketing and events co-ordinator for the apprenticeship education and career services. "We have had 10 come in so far in the past week."

Companies ranging from CIBC to the Woodstock Extravaganza Group will be in attendance to answer questions from the students.

The March 15 job fair will run from 10 a.m. to 1 p.m.

### EMPLOYER LIST

- These are the employers who are registered to appear at the March 15 job fair:
- Sun Life Financial
- HomeTeam Property Solutions Inc.
- Crystal Clear Water Centres
- Enterprise
- Home Health & Motion Limited
- Arctic Crystal Services Canada Inc.
- Lifetime Companies Limited
- Peoplesel Insurance and Risk Management
- Coopers Wholesale
- Computer Music & Video
- CIBC
- Amdocs
- GlaxoSmithKline
- Convex Insurance Group Ltd.
- Adult Learning Inc.
- Ontario Power Generation
- Accu-Link Call Centre Inc.
- Waterloo Math Heals
- Other NGOs
- Conestoga Residence & Conference Centre
- Camp Kortes
- Rupprechtshausen Ltd.
- Woodstock Extravaganza Group
- Weirton Engineering Associates Ltd.
- Efficiency Engineering Inc.
- SIPC Wholesales
- Pastoral Concrete Ltd.
- PGL Software Holdings Inc.
- Capital Paving Inc.
- Canadian PetNet
- Pinto Mechanical
- Province Financial Services
- Conestoga UBL LTD
- Atlantic Insurance Company of Canada
- Crawford & Company (Canada) Inc.
- CAA Ontario Member Group
- Petro-Logistics
- DHL Air Solutions Ltd.
- Muchmore Canada Ltd.

## New menu to spruce up Conestoga Room

By SARAH JONES

Wipe up those tired looks Conestoga's students now don't have to worry about.

The student-run restaurant at The Conestoga Room is located at the Conestoga Student Union.

The meal plan has been changed to offer a greater variety of experiences in one student, as well as to our patrons," said manager administrative officer for Waterloo Campus, Sue

Scholes. The menu has in place to create distinct experiences and progress menus.

Now menu items include chicken, salmon, The Conestoga Room and smoked salmon items.

The Conestoga room provides a location for students, faculty and local businesses.

The Conestoga room is open for breakfast, lunch and dinner.

Reservations can be made by calling 519-885-1221 or at the Conestoga website.

## Security guards hope to patrol on bikes

By SARAH JONES

Conestoga's security services hopes to go green by going cycling this fall.

"It definitely is a lot more environmentally friendly than as parking in a car," said Angus Cole, a security guard.

He believes that Conestoga's security officers would use a bicycle to patrol the campus.

"It will be easier to get through the floors and around the ports, and both buildings, a bicycle is great."

If approved, it would be the first time that Conestoga College had a bike patrol on its premises. The security officers would be armed if necessary, but consisting of sharp and a short sleeve shirt and the likes.

The department's cars will still be used for longer distances.



# Long waits in ER unacceptable

If you need to go to the emergency room for your son's ear infection or to help get the last bit of sleep out of your child, you're going to be there for hours.

Recently I had to go to the emergency room to get my head checked and to get a CT scan after slipping on ice and hitting the back of my head. I arrived at the hospital at 6:45 a.m. figuring that if I went really early in the morning, one would not wait long. How wrong I was.

At 6:45 a.m., one of the ladies in the front desk took my blood pressure and made up my chart of why I had come



Linda  
McQuaig  
Opinion

in the emergency room.

At about 8:00 a.m., I was called to the back to wait for the doctor.

At 11:30 a.m., I was finally seen by a medical doctor who asked me a series of questions regarding what my head had been like in the past and what happened when I fell. She then checked my vision and reflexes.

After the two days, she left and never took half as long later in addition to that she had talked with the doctor in charge of the ER, and they waited out to get a CT scan about two to make up everything was OK and that there was no internal bleeding.

At 12:30 p.m., it was time and took my blood pressure a second time and then I went out back just as the waiting room.

At 1:15 p.m., there was an emergency to get a doctor in so I went and waited in a different waiting room. Almost half an hour later, I finally had the same doctor, which only took a

few minutes and then I was back and out in the emergency waiting room.

Finally at 2:30 p.m., I was called into a room where the doctor with the resident did a physical exam but he told me that she had looked at the results and from what she could tell, my head was fine.

After finally leaving at the hospital at 3:30 p.m., my overall waiting time in each group was about four hours two hours longer than when I was told when I first arrived.

Now I know that the emergency room got backed up first and that probably who is brought in by ambulance gets

treated at immediately, and that there is a shortage of doctors and nurses in hospitals all across Canada, but that still doesn't excuse having to wait three hours in the ER. That's just terrible and absolutely unacceptable.

With something as important as health care, it should be more efficient than that much slower. Stephen Harper should look into Canadian health care system and figure out some kind of ideology to reduce people's waiting times in the ER in order to prove efficient to make better because that is what Canadians deserve.

## Old cartoons would never be made today

Tell us about anyone who worked from the mid 1960s to the mid 1970s and they will likely be able to spot off a dozen of these characters and more characters.

It could be Pepe Le Pew from *Warren Fife's Looney Tunes* and *Merrie Melodies* series or it could be the man of steel, Superman, from *Detektive Comix*. There are literally hundreds of cartoon characters from both campy books and television series, for that, *Cars* and other characters of choice.

In recent years I have been Tolkein, part of David Hockney's *1000 Heads* which has been a leader in introducing the younger generation to painted portraits. Television brings us new shows every television season. On a separate note and for notable careers, have we seen them in *Tolkein's Return*, *Return of The Hobbit*, *Pet Albert* and the *Candy Kids*, *The Super Friends*, *The Bugs Bunny* and *Wile E. Coyote* and others can be seen 24 hours a day. That is of course with a very special and very unique talent director, writing, helping, music and more.

**Warning:** The cartoon that you are about to watch is from the time period in which it was created. Tolkein does not endorse any of his art of any kind. Actual political art.



Linda  
McQuaig  
Opinion

overuse of violence & violence.

I do feel that the cartoons of yesterday were a lot more violent than the cartoon now, range of today, and showed more violence than for the cartoon group. Then again I do think Bugs Bunny would have been held up as a symbol against good and bugs today. *Bugs Bunny* then also taking a high dive from a bunch of water & down takes a

right turn. Now I don't think Elmer Fudd's gun kills him for beauty and takes a quick shot on himself?

Profound.

The point is that over time back then there really heavy because of the intentionally staged and dramatic expressiveness that characterised hand animation as free and flowing, as well as more common in the 1960s. Hearing speech as well as music in terms of a *Harold Bloom* saying such cases with words. *Casper the Friendly Ghost* from a 1940s cartoon is evidently based on the death of a child who died in the womb of a pregnant woman and died of heart failure.

None of the cartoon characters really real life lesson for

they audience. Pet Albert and the Candy Kids were meant for young children to learn more during the process of the show and not like *Cartoon Network* where the *Cartoon Network* did in the 1990s of the 80s.

No such lesson will ever happen again as modern day technology is so advanced it could be interpreted as offensive, or twisted, and that reason, it should not be the only one to consider changes of today.

That is because that the cartoons of today are even more offensive than the ones of yesterday.

I was watching a show some time ago called *Winks* which had cause fighting pages in anti-homosexual and anti-gay. I assume that the belts

are actually supposed to be shorts and shorts. The idea is that I guess they would have if you looked carefully. This is not antisocially greater and continued resistance to change, but rather a desire to protect the ones that have been.

Given the fact between overly religious groups with attitude, it is much more conceivable to have homophobia and sexism. I will choose the ones that have been. For the better part of a century and experienced millions of changes along the way.

Some people are still offend by the graphic nature of some of the old cartoons. For all those people out there, a different channel is a single click away.

## The minimum wage is going up.

If you're an employer, here's what you need to know.

	Current Minimum Wage	Proposed under Bill 100 (and effective May 1, 2005)	Higher Rates	Working & Fishing	Working & Fishing	Homelessness
Current minimum wage rate	\$8.75/hour	\$10.00/hour*	\$11.00/hour	\$10.75/hour	\$10.75/hour	100% of the minimum wage
May 1, 2005 minimum wage rate	\$10.00/hour	\$11.00/hour	\$12.00/hour	\$11.50/hour	\$11.50/hour	100% of the minimum wage

On March 21, 2005, the general minimum wage will increase to \$10.00 per hour from the current rate of \$8.75 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

Published by the Government of Ontario



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CONESTOGA  
STUDENTS INC.

# Former hockey stars shine for charity

By MICHAEL BERNICKA

While the debate rages whether to bring Fighting in the name of hockey, former NHL pros took up the fight for a different cause.

Dale Hawerchuk, Bryan Trottier and Glenn Anderson along with other former冰球运动员 were at the St. Sartault Centre in the Verdun Memorial Recreational Centre on Feb. 18 to take part in the 2009 Special Olympics Hockey Challenge Classic in support of Special Olympics Quebec.

The event's event director, president of the Verdun Regional Quebec Services Lee Kellerman, said the Special Olympics players had all of their "abilities." Participants included members from every Canadian National and T22 amateur, Red Stock Team, RSL, referee, Ron Begganoff, attended the event.

Although the Old Timers were the game 21 to 21, the real winner was the Special Olympics as \$2000.00 was raised in support of the team.

The money will go towards helping communities build Special Olympics centres. In addition, the event presented with a variety of corporate donations, local businesses, community staff support, grants to non-government organizations who run public education, educational training and development activities like the program.

But, Bob down why played and for one reason, he had involved with the North Shore for a number of years and loves being able to contribute to the cause.

"The game is a lot of fun and the guys just haven't ever quit," he said while sporting in

some pre-game stretching. "Anything we can do to help out will work."

Bob Fecteau, who founded the St. Sartault centre with 2,000 people, wanted everyone who opportunity to play on the ice.

"I will have no problem if a man and three children come to me saying that I'll come out and do it often," Fecteau said, adding that the priority goes to players in need of help.

Bryan Trottier, a member of the Hockey Hall of Fame since 1987 and a seven-time Stanley Cup winner as a player and coach has been involved in the old timers challenge since 2005 and looks the experience "terrific."

"There are no winners, we are more for fun," said Trottier through the interview, "we're able to raise more awareness, to do better and that's it, it's fun."

Bob Stach, a sports manager, as well. This is his second year involved with the game, and he's not sure what hockey should be about.

"The No. 1 goal of the tournament is to make more fun in the game than fun in the game," he said, "but the rest of the night, it's just fun."

Heck added about the tournament in a bit of perspective to pocket in fun and reward for the team.

"It's kind of like the Hartley Goldsmiths playing the Washington Capitals," he said. "There's no winner there."

The Old Timers Hockey Hall of Famers were joined in effort from past players for the charity tournament in a collection pool of the game while at the same time raising money for the charity cause. The donations raised ranged from over \$10,000 to Canada and Quebec, making the difference at each city a worth it change to be the most nor-

western tour of its kind in North America.

Former NHL stars such as Steve Shutt, Tom Pyatt, Dennis Potvin, Steve Shutt, Trevor Linden, Peter Forsberg and Alexandre come names of the players, to name a few, who regularly participate in the event. Countries where the games are held include some such as Norway and Italy. Shutt, Pyatt and Alexandre are also regular participants.

Gerry Laprade, director of events for Special Ice, the company that produces the event, believes the game helps the former NHL players as much as the Special Olympics.

"They just love being back with the boys on the ice and on the ice showing the skills they still had when they were young," Laprade said. "They leave the game for a couple of hours and then they get back right to back and they really feel like rock stars."

These professionals enjoy the fact that they can still play the game they love and are happy to teach a worldwide lesson at the same time.



Left: Michael Bernicka right: A photograph of the 2009 Special Olympics Hockey Challenge Classic held at the Verdun Memorial Recreational Centre on Feb. 18. The event raised more than \$100,000 for Special Olympics Quebec.



Right: Michael Bernicka bottom: Dale Hawerchuk and Bryan Trottier pose after their win in the 2009 Special Olympics Hockey Challenge Classic.



Bottom left: Michael Bernicka bottom right: Michael Bernicka shows off the trophy after the 2009 Special Olympics Hockey Challenge Classic held at the Verdun Memorial Recreational Centre on Feb. 18. The event raised more than \$100,000 for Special Olympics Quebec.

## ADVANCING TO UNIVERSITY?

We can help you get there

Planning to University Workshop

March 5 & 19, 2009

3:00-4:00 p.m. Room 2A111

# March is nutrition month

By LUCIA RIEBER

We all know that nutrition is an important part of our everyday lives. And how we have a choice in what foods we eat every time we go to a meal. March is Nutrition Month in Canada, and one of the ways to show your support

is to attend Nutrition Month.

"Through what we eat — we have a choice over bodies and our health — you can help eating tips on what to eat and drink before during and after activity."

Across the country, activities for nutrition month will highlight the role of nutrition in terms of preventing the most

common sources of health problems, malnutrition and healthy eating.

"As we get older, after the age of 60, we're more vulnerable to diseases to make two per year, many deaths," said Leslie Beck, a nutrition consultant and author of *Healthier Living*.

Beck says the country's interest in nutrition month will help fight the rise of diseases in terms of preventing the most

common sources of health problems, malnutrition and healthy eating.

"As we get older, after the age of 60, we're more vulnerable to diseases to make two per year, many deaths," said Leslie Beck, a nutrition consultant and author of *Healthier Living*. "People are more aware of their health needs and small home-cooked meals, cooking simple, delicious vegetables, fruits, a small container of low-fat cream and dried fruit."

These healthy habits will be well-preserved in Beaumont at its first "Be the difference" Respect Day. Be the difference according to the Division of Student Affairs' website. Veggie and fruit juice, protein bars and milk and other items provide healthy eating and drinking to fuel active ones like the March and Marathon runs, races and distance events. High-quality protein to build and repair muscles. Foods from all food groups provide vitamins and minerals which help support fast and strong energy. Your body can also help wash off adenosine and build strong bones and muscles.

Eating breakfast every day can help improve nutrition from reduced hunger and stress to a healthy weight. Look for fast and easy choices such as whole grain cereal, muffins, smoothies, wraps, rolls, salads, yogurt, cheese and eggs. Opt for protein with lean meats, fish or beans.

Physical activities plan like an increased foods intake changes bones. Strong bones support better posture, movement and can help prevent bone diseases and osteoporosis in later years. Think about snacks with calcium, the top goes with protein plan elements. Increased calcium contributes to strong bones and muscles.

The Nutrition Month website

says when the best time you can do for your body is to eat a light meal, like a low-carbohydrate meal, after your physical activity. "Our body needs carbohydrates and a little protein." For easy digestions try to make your meals low on fat. Make sure you have water hydrating. "People's fluid intake and small home-cooked meals, cooking simple, delicious vegetables, fruits, a small container of low-fat cream and dried fruit."

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Physical activities plan like an increased foods intake changes bones. Strong bones support better posture, movement and can help prevent bone diseases and osteoporosis in later years. Think about snacks with calcium, the top goes with protein plan elements. Increased calcium contributes to strong bones and muscles.

"When you need fuel, eat something that has carbohydrates to replace your body's glycogen. Eat that carb all types of course, give you need more protein in that meal," said Beck.

Nutrition Month is presented by the Division of Student Affairs as well as thousands of students across the country.

## A BREAKFAST TREAT FOR A GOOD CAUSE



On Saturday, March 9, the University of Alberta's Dietetic Association will host a breakfast fundraiser at the Student Life Centre and E-wing from 12:00pm to 1:00pm. All proceeds will benefit the Alberta Breast Cancer Society.

**Prize Game** — In addition to the

**MARCH 9TH-13TH**

**12:00PM - 1:00PM**

**STUDENT LIFE CENTRE & E-WING**

**100% of net profits from breakfast sales will benefit the Alberta Breast Cancer Society.**

# Volunteers, meet your dates

By JACIE PERRIN

How many dates will you have after 20 years of being single?

The Valentine Action Committee for Waterloo Region and area is challenging our 20th anniversary with a unique kind of speed dating.

The event, being held tomorrow evening, will feature approximately 30 single participants and 20 potential "dates." The goal is to have participants leave from approximately the YMCA, Big Brothers and Sisters, and Houses of Waterloo Region meet with potential volunteers for five or 10 minutes to discuss the pros and cons of volunteering together.

This year's Valentine speed dating, which has been used in U.S. Australia and the United States, will replace the

annual volunteer fair usually held at Cambridge Mall on December 13.

Janice Poosie, communications representative for the Waterloo Action Committee, said it was time for something different and she hopes it's "important to encourage potential volunteers."

The level of educational Poosie said, "is based on what others have said and she will also add if a success of all participants plan to go up." A short goal statement, said Poosie, for 10 volunteers here interested and are planning to attend.

Poosie also said she sees volunteers to have better idea they've been introduced to the concept.

"Volunteering is very important to me personally and every day makes me difference," she said.

## PARTICIPATING ORGANIZATIONS

- Bay Brothers Big Sisters of Waterloo Waterloo & Area
- Canadian Mental Health Association
- City of Kitchener
- Community Support Committees
- Family & Children's Services
- Habitat for Humanity Waterloo Region
- Hoops of Waterloo Region
- Hospital
- Kitchener Public Library
- K. W. Watson Day Program
- National Day for Learning
- Waterloo Society Southwestern Ontario
- Pathways to Education
- Play of Hope
- Saint Monica House
- Spinal Cord Injury Education Network Inc
- Volunteer Anxiety Centre
- Women's Center Services of Waterloo Region
- YMCA of Cambridge & Waterloo Waterloo

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International students and international courses.

International students and international courses.

## COUNSELLOR'S CORNER - Multiculturalism

Have you recently moved from your home country to Canada? Is English your second language? Are you an international student, an landed immigrant citizen, or did your family originate from a country other than Canada? Have you recently emigrated to a western country? Are you dealing with issues such as culture shock, unfamiliarity with college or university resources, racism or a lack of cultural familiarity? Will you be experiencing a Canadian winter for the first time?

Our college community is becoming enriched more and more with students from various cultural backgrounds. This creates an wonderful opportunity for growth, learning, and diversity. However, it can also pose common issues for those who are new to the country and the college. If you feel you need support dealing with these situations, help is available. You can talk to your teachers, classmates, friends or counsellors in Counseling Services.

Counsellors in Counseling Services can meet with students individually to help students with cultural adjustment issues. In addition, 10-12 students receive culture shock workshops as a part of their curriculum. Students can also make an appointment to counsellors individually about cultural adjustment difficulties. International students can also look forward to our annual fall event, diverse!康乐夜, which marks international students events of cultural adjustment issues, health issues and safety issues.

To learn more about resources at the college and in the community visit Counseling Services in L1004. We are located at the lower level of the new Student Life Centre Annex.

A Message From Counseling Services

Eating out tonight?  
Make a smart choice.

For healthy food choices, fast food eat 100% whole-grain products, choose leaner meat, limit sugar-sweetened beverages, and eat more fruits and vegetables.







# MARCH EVENTS

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			3 Wii Wednesday	4	5 CSI BOARD 6 PREPARATIONS 6:30PM	6	7
1 	2 	3 	4 Wii Wednesday	5 CSI BOARD 6 PREPARATIONS 6:30PM	6	7	
8 	9 	10 	11 	12 	13 	14 	
15 	16 	17 Wii Wednesday	18 Wii Wednesday	19 CSI BOARD 19 ELECTION DAY	20 	21 	
22 	23 	24 	25 EARTH WEEK	26 	27 	28 	
29 	30 	31 					

[www.conestogahs.org/events/](http://www.conestogahs.org/events/)

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STUDENTS INC.

## St. Patrick's Day NOONER PUB

TUESDAY MARCH 17<sup>TH</sup>

IN THE SANCTUARY FROM 12PM - 2PM

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